

HOT SPOT

Hang on Tight—Stories, Parables, Occurrences, Training

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MedWatch

The FDA Safety Information and Adverse Event Reporting Program

The FDA asked manufacturers of the following antidepressant drugs to include in their labeling a Warning statement that recommends close observation of adult and pediatric patients for worsening depression or the emergence of suicidality when treated with these agents. The drugs that are the focus of this new Warning are: Prozac (fluoxetine); Zoloft (sertraline); Paxil (paroxetine); Luvox (fluvoxamine); Celexa (citalopram); Lexapro (escitalopram); Wellbutrin (bupropion); Effexor (venlafaxine); Serzone (nefazodone); and Remeron (mirtazapine).

See the 2004 MedWatch safety summary, including links to the drug information page and the FDA Public Health Advisory, at:

<http://www.fda.gov/medwatch/SAFETY/2004/safety04.htm#antidepressants>

MORTALITY ALERT!

Overweight and Obesity

Obesity and being overweight is of concern for everyone. Each person must make a decision to be more physically active. Talking with your primary care physician should be the first step to weight loss. The CDC offers several suggestions for reducing body weight.

Overweight and obesity are a result of energy imbalance over a long period of time. The cause of energy imbalance for each individual may be due to a combination of several factors. Individual behaviors, environmental factors, and genetics all contribute to the complexity of the obesity epidemic.

Genetics and the environment may increase the risk of personal weight gain. However, the choices a person makes in eating and physical activity also contributes to overweight and obesity. Behavior can increase a person's risk for gaining weight



Key Recommendations

(From the Expert Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults)

- Weight loss to lower elevated blood pressure in overweight and obese persons with high blood pressure.
- Weight loss to lower elevated levels of total cholesterol, LDL-cholesterol, and triglycerides, and to raise low levels of HDL-cholesterol in overweight and obese persons with dyslipidemia.
- Weight loss to lower elevated blood glucose levels in overweight and obese persons with type 2 diabetes.

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The HOT SPOT can be found on the web site for the State of Tennessee. Find it easily at www.state.tn.us/mental/publicate.html

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- Use the BMI to assess overweight and obesity. Body weight alone can be used to follow weight loss, and to determine the effectiveness of therapy.
- The initial goal of weight loss therapy should be to reduce body weight by about 10 percent from baseline. With success, and if warranted, further weight loss can be attempted.
- Weight loss should be about 1 to 2 pounds per week for a period of 6 months, with the subsequent strategy based on the amount of weight lost.
- Low calorie diets (LCD) for weight loss in overweight and obese persons. Reducing fat as part of a LCD is a practical way to reduce calories.
- Reducing dietary fat alone without reducing calories is not sufficient for weight loss. However, reducing dietary fat, along with reducing dietary carbohydrates, can help reduce calories.
- A diet that is individually planned to help create a deficit of 500 to 1,000 kcal/day should be an integral part of any program aimed at achieving a weight loss of 1 to 2 pounds per week.
- Physical activity should be part of a comprehensive weight loss therapy and weight control program because it: (1) modestly contributes to weight loss in overweight and obese adults, (2) may decrease abdominal fat, (3) increases cardiorespiratory fitness, and (4) may help with maintenance of weight loss.
- Physical activity should be an integral part of weight loss therapy and weight maintenance. Initially, moderate levels of physical activity for 30 to 45 minutes, 3 to 5 days a week, should be encouraged. All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week.
- The combination of a reduced calorie diet and increased physical activity is recommended since it produces weight loss that may also result in decreases in abdominal fat and increases in cardiorespiratory fitness.
- Behavior therapy is a useful adjunct when incorporated into treatment for weight loss and weight maintenance.
- Weight loss and weight maintenance therapy should employ the combination of LCD's, increased physical



activity, and behavior therapy.

- After successful weight loss, the likelihood of weight loss maintenance is enhanced by a program consisting of dietary therapy, physical activity, and behavior therapy which should be continued indefinitely. Drug therapy can also be used. However, drug safety and efficacy beyond 1 year of total treatment have not been established.
- A weight maintenance program should be a priority after the initial 6 months of weight loss therapy.

Physical Activity: Weight Control and Other Benefits

- Physical activity contributes to weight loss, especially when it is combined with calorie reduction.
- Regular physical activity is extremely helpful for the prevention of overweight and obesity.
- Regular physical activity is very important in maintaining weight loss.
- In addition to weight control, physical activity helps prevent heart disease, helps control cholesterol levels and diabetes, slows bone loss associated with advancing age, lowers the risk of certain cancers, and helps reduce anxiety and depression.

You Can Activate Yourself

- You don't need special skills or training to be physically active. Walking is a great way to be active.
- Physical activity should be initiated slowly, and the intensity should be increased gradually (e.g., start with a 10-minute walk three times a week and work your way up to 30 minutes of brisk walking or other form of moderate activity five times a week).
- Activities can be split into several short periods (e.g., 10 minutes 3 times a day) instead of one longer period (e.g., 30 minutes once a day).
- You should select activities that you ENJOY and can fit into your daily life.
- It may take time to incorporate more activity into your daily life. Don't get discouraged if at first you miss a day or two; just keep trying and do your best to make it a regular part of your life. You will soon realize how good it feels to be physically active and fit.
- Ask for support from friends and family; likewise, support the people in your life who are trying to be

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physically active.

- Many forms of physical activity can be social, allowing you to converse and spend time with family or friends or to develop new relationships.
- Make fitness a priority...COMMIT TO IT.

** Consult with your health care provider before starting a vigorous exercise program if you have ever had heart trouble or high blood pressure or suffer from chest pains, dizziness or fainting, arthritis, or if you are over age 40 (men) or 50 (women).*

more difficult for people to make good choices. *The Surgeon General's Call to action to Prevent and Decrease Overweight and Obesity 2000* identified action steps to prevent and decrease obesity and overweight. Below is a table listing the steps related to possible environmental factors.

What does CDC recommend to help people lose weight?

- The safest and most effective way to lose weight is to reduce calories and increase physical activity. It is best to consult with your personal physician or health care professional for advice to meet your needs.
- Government research and recommendations can provide

Location	Environmental Factors	Potential Impact on Energy Balance
Home	<ul style="list-style-type: none">• Reduce time spent watching television and in other sedentary behaviors• Build physical activity into regular routines	<ul style="list-style-type: none">• Increases daily and leisure time physical activity• Increases calories used
Schools	<ul style="list-style-type: none">• Ensure that the school breakfast and lunch programs meet nutrition standards• Provide food options that are low in fat, calories, and added sugars• Provide all children, from prekindergarten through grade 12, with quality daily physical education	<ul style="list-style-type: none">• Decreases excessive calorie consumption• Increases daily physical activity
Work	<ul style="list-style-type: none">• Create more opportunities for physical activity at work sites	<ul style="list-style-type: none">• Increases daily physical activity• Increases calories used
Community	<ul style="list-style-type: none">• Promote healthier choices including at least 5 servings of fruits and vegetables a day, and reasonable portion sizes• Encourage the food industry to provide reasonable food and beverage portion sizes• Encourage food outlets to increase the availability of low-calorie, nutritious food items• Create opportunities for physical activity in communities	<ul style="list-style-type: none">• Decreases in excessive calorie consumption• Increases leisure time physical activity

- To maintain your weight, your intake of calories must equal your energy output.
- To lose weight, you must use more energy than you take in.
- A difference of one 12-oz. soda (150 calories) or 30 minutes of brisk walking most days can add or subtract approximately 10 pounds to your weight each year.

Environment

People may make decisions based on their environment or community. For example, a person may choose not to walk to the store or work because of a lack of sidewalks. Communities, homes, and workplaces each shape health decisions. With fewer options for physical activity and healthy eating, it becomes

the facts based on science so that people can make informed choices about appropriate weight loss. The fact is the majority of people who are attempting weight loss are not using the correct method to achieve or maintain positive results.

Calorie Consumption

In America, a changing environment has broadened food options and eating habits. Grocery stores stock their shelves with a greater selection of products. Pre-packaged foods, fast food restaurants, and soft drinks are also more accessible. While such foods are fast and convenient they also tend to be high in fat, sugar, and calories. Choosing many foods from

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these areas may contribute to an excessive calorie intake. Some foods are marketed as healthy, low fat, or fat-free, but may contain more calories than the fat containing food they are designed to replace. It is important to read food labels for nutritional information and to eat in moderation.

Portion size has also increased. People may be eating more during a meal or snack because of larger portion sizes. This results in increased calorie consumption. If the body does not burn off the extra calories consumed from larger portions, fast food, or soft drinks, weight gain can occur.

How do portions today compare to portions sizes 20 years ago? The National Institutes of Health have developed a Web site with an [interactive quiz](#) to inform people on the increasing portion sizes.

Choosing a variety of healthy foods in the correct portion sizes is helpful for achieving and maintaining a healthy weight. The Dietary Guidelines for Americans is a good resource to help people guide their dietary habits.
<http://www.usda.gov/cnpp/DietGd.pdf>* (PDF–589K)

[Clinical Guidelines on the Identification, Evaluation, and](#)

Treatment of Overweight and Obesity in Adults

The guidelines present an approach for assessing overweight and obesity and established principles of safe and effective weight loss. (This resource is hosted by the National Institutes of Health.)

Voluntary Guidelines for Providers of Weight Loss Products or Services

These guidelines, developed by the partnership for Healthy Weight Management, provide strategies for achieving and maintaining a healthy weight. (This resource is hosted by www.consumer.gov.)

Pursuant to the State of Tennessee's policy of nondiscrimination, the Department of Mental Health and Developmental Disabilities does not discriminate on the basis of race, sex, religion, color, national or ethnic origin, age, disability, or military services in its policies, or in the admission or access to, or treatment or employment in, its programs, services or activities.

The Tennessee Department of Mental Health and Developmental Disabilities is committed to principles of equal opportunity, equal access and affirmative action. Contact the department's EEO/AA Coordinator at (615) 532-6580, the Title VI Coordinator at (615) 532-6700 or the ADA Coordinator at (615) 532-6700 for inquiries, complaints or further information. Persons with hearing impairment should call (615) 532-6612.



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